



GERMANTOWN
DENTAL VILLAGE

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Instructions For Occlusal Guard

Patient instructions for wearing hard/soft occlusal guard:

The occlusal guard will allow your jaw joints and muscles to function more smoothly. It will allow the jaw to find its best position because the guard prevents the teeth from locking together. It should reduce muscle spasm, clenching habits, jaw/joint pain, teeth wear, and cracked teeth.

Wear the occlusal guard as instructed, which is usually during sleep. You may have been advised to wear it during the day also, especially when you are tense and find yourself clenching and grinding.

It may take a couple of weeks before you adjust to wearing the guard. When the occlusal guard is removed from the mouth, you may notice that the “bite” of your teeth feels different for a few minutes. This is to be expected because of the relaxation of your lower jaw muscles. However, if you experience any discomfort in your bite, please call our office as soon as possible to let us know.

It's very easy to maintain your new occlusal guard. Remove your guard in the morning and then rinse it in cold or warm water. Additionally, you can clean the outside very lightly with a toothbrush. After some time, you will see calcium deposits on your occlusal, you may place it in a denture cleaner solution or white vinegar to help dissolve the calcium deposits.

Keep your guard away from pets; they seem to love them. If you travel be careful not leave your guard in the hotel room.

Thank you.